

1. PRESENT PERFECT CONTINUOUS

Present perfect progressive

Present perfect continuous both are same.

It is speaking about the action that started in the past and

Continues even at the present time

Have been has been must be there

Make your sentence very very fair.

I

I you we they have been

He she it has been

}

-2

Add then present participle to

Make the sentence very simple

I have been waiting

They have been chatting

He has been calling calling.

II

Have I you we they been

Has He She and It been

Add then present participle to

Make the question very simple

Have you been waiting?

Have they been chatting?

Has he been calling?

PRESENT PERFECT CONTINUOUS

How good are you at the Present Perfect Continuous tense? It's not a very common tense, and often it's not taught in classes, but we do use it sometimes and it's very good to know how to make it, and to recognise it when other people use it.

Luckily, it's very easy to make. Here's the **positive** (it's the present perfect of 'be' + verb -ing):

Positive	Positive Short Form
I have been walking	I've been walking
you have been running	you've been running
he has been cooking	he's been cooking
she has been swimming	she's been swimming
It has been raining	it's been raining
we have been studying	we've been studying
they have been sleeping	they've been sleeping

To make the **negative**, just add 'not':

Negative	Negative Short Form
I have not been walking	I haven't been walking
You have not been running	you haven't been running
He has not been cooking	he hasn't been cooking
She has not been swimming	she hasn't been swimming
It has not been raining	it hasn't been raining
We have not been studying	we haven't been studying

they have not been sleeping	they haven't been sleeping
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There are two main times we use this tense. Remember we can't use it with **stative verbs**.

1: To say how long for unfinished actions which started in the past and continue to the present. We often use this with **for** and **since**. (See the **present perfect** for the same use with stative verbs)

- I've been living in London for two years.
- She's been working here since 2004.
- We've been waiting for the bus for hours.

2: Actions which have just stopped (though the whole action can be unfinished) and have a result, which we can often see, hear, or feel, in the present (focus on action). (See the **present perfect** for a similar use which focuses on the result of the action)

- I'm so tired, I've been studying.
- I've been running, so I'm really hot.
- It's been raining, the pavement is wet.
- I've been reading your book, it's very good.